



*2020 Delaney Athletic Conference  
Championship Swim Meet*

February 8, 2020  
Warrenton Aquatic and Recreation Facility  
Warrenton, VA

# *Best Wishes Seniors!*

## *Highland School*



**Morgan Malinow**

I transferred to Highland in 6th grade and have been on the swim team since then. However much of my time in 7th, 8th, and 9th grade was spent anticipating and then recovering from reconstructive foot surgeries. I have qualified for States every year of high school. I will be attending Union College in Schenectady, NY and swimming for their DIII team. I plan to study biological sciences as I wish to pursue a career in global health or research medicine.

## *Fresta Valley*



**Isabelle Caron**

Isabelle has been swimming with Fresta for 3 years. Besides swim, she enjoys playing the piano, musical theater, and soccer. She works as a nanny, and lifeguards over the summer. Isabelle plans on attending Liberty University in the fall to study nursing and eventually serve in the U.S. Navy. She thanks her coaches for volunteering their time to coach the Fresta team, and her parents for supporting her in all of her extracurricular activities.

## *Fredericksburg Academy*



**Henry Millar**

Henry will be attending Norwich University in the Fall and will be studying cyber security and information assurance in addition to swimming on their swim team. Henry would like to thank his coaches, teachers, friends, peers, and most notably, his family for helping him get to where he is today.



**Ashton Bishop**

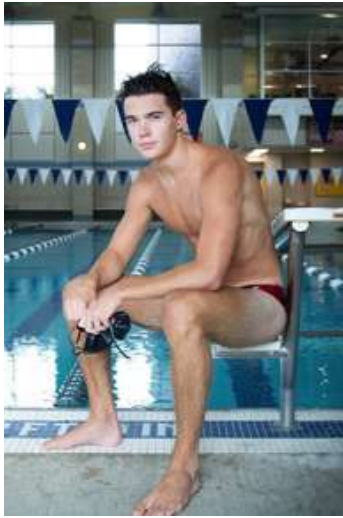
Ashton has been accepted to multiple colleges but is still waiting to make a final decision. While at college, he plans to study criminal justice. He would like to thank his family and coach Swimble for all the support throughout the past 5 years.



**Shelby Bryant**

Shelby is undecided about where she will attend college, but is interested in pursuing a degree in Communications or Marketing, and hopes to continue swimming. She has been swimming for FAST since she was in 6th grade, and has loved every second of it! She would like to thank her coaches, parents, friends and teachers for all of their support.

# Wakefield School



**Cade Burdette**

I have been a member of the Wakefield varsity swim team for six years. I have made state finals in the 100 breaststroke the last three years and hope to continue my streak this year. My favorite aspect of swimming has been going down to States with the team the last four years and making great memories there.



**Joe Maraska**

I have been on the Wakefield varsity swim team for four of my six years at Wakefield. I have qualified for the VISAA State Swim meet three years in a row and placed bronze in the 100yd backstroke and the 200yd freestyle relay at the 2019 DAC Conference Championship meet. I have been accepted to Montana State and Villanova and am waiting to hear from other colleges.



**Jackson Seaborn**

I have been a member of the Wakefield Varsity swim team for all four years of my highschool career. I have been to States once, and am going to States again this year. Swim has always been one of my favorite pastimes besides soccer. It not only kept me in shape for soccer season, but also gave me a chance to compete with my friends.



**Katie Bogan**

I have been on the Wakefield swim team all four years of high school. I've made a lot of great memories. I attended states in tenth grade with my relay team. I've really enjoyed swimming with my whole team!

**Claire Thompson**

The Wakefield swim team has been my family since 6th grade. I qualified and finaled in States every year since 8th grade. Primarily, I swim backstroke and IM events. When I graduate, I plan to study neuroscience and psychology.





# Trinity Christian School



**Nathan Shore**

Nathan has been on the Trinity Swim team for one year. He has been pleased to see his times become more competitive over the course of the season. He plans to go to college in the fall and study engineering or architecture.



**Brooke Williams**

Swimming has been a huge part of my life since I was about five, but I never really took it seriously until seventh grade. Years later, I can say I am so grateful for everything swim has taught me, even when I have to get up at four in the morning every day, all year! This is my fifth year swimming with the Trinity team, and I can honestly say I love every single one of my teammates as my family. I don't know where I'll be for college yet, but I do know I'll be swimming and studying biomedical engineering or computer science



**Jadon Moon**

Jadon has been on the TCS Swim Team for 4 years, and has been competing with his summer swim team for 8 years. One of Jadon's favorite memories is qualifying for States for the first time with his 200 Medley Relay team. He will miss the camaraderie of the team after graduating from TCS. Jadon plans to study Computer Science, and continue swimming throughout his college years.



**Keira Zerrenner**

After finishing my last Trinity volleyball season, two swimmers (shoutout to Brooke Williams and Anna Deatherage) convinced me to join swimming. I have been swimming since I was six, but because of volleyball, I never swam for Trinity. Now, as a senior, I can finally say I swam for Trinity, and I am beyond glad that I joined. In August, I'll be attending Samford University in Birmingham, Alabama, to study Nursing (and hopefully still swimming).



**Georgia Lattig**

This is my first year of swimming and my first year with the wonderful Trinity swim team. This season has honestly been one of the most challenging and humbling endeavors in my recent memory, but my team and the growth that I have seen in myself over the past few months have made the experience so incredibly worth it. (Plus, nothing beats the post-swim sunrises.) When I'm not swimming, I'm usually out on the hiking trails of Virginia or baking something in the kitchen. I haven't yet decided on a college, but I intend to pursue a degree in wildlife biology with a minor in journalism and/or photography. I'm hoping to take swim with me into my future, ideally paired with a snorkel and some beautiful whale sharks.

## *Trinity Christian School*



**Lucy Sicks**

Lucy has thoroughly enjoyed the five years she has been on the TCS swim team. While waking up early for many years has been difficult, she is grateful for the community the swim team has provided her. Lucy has been involved in many extracurricular activities, ranging from Theater, to Student Government Association, to National Arts Honors Society. Lucy plans to study nursing at Calvin University, James Madison University, or Covenant College. She plans to pursue missions nursing and spread God's word through her care as a nurse. She will deeply miss the swim team and hopes they continue to build a supportive, encouraging, and hard-working environment.



**Michael Clawes**

Michael has swum with Trinity since his junior year, and has participated in cross country and golfing. Michael is a 1st chair chamber violist and an honors jazz band guitarist. He intends to major in Aeronautical Engineering.

## *Randolph-Macon Academy*



**Anna Mai**

Anna has been a member of the tennis and swim teams. She is president of the International Club and secretary of the National Honors Society. Anna earned a bronze medal from the Vietnam National Academy of Music. She plans to attend either Fordham or Drexel University and study biological sciences.



**Tyler Stanford**

Tyler has been a member of the swimming, soccer, and tennis teams while at R-MA. His notable achievements include soloing an airplane and obtaining his private pilot's license. Tyler will be attending Liberty University and plans to major in Aeronautics.



**Leeza Norton**

Leeza has been a member of the swimming and soccer teams. She is a lifeguard and enjoys travelling and studying turtle conservation. Leeza has earned her certificate of academic achievement in environmental science and has completed Stellar Explorer. Leeza plans to attend Eckerd College and study marine biology and conservation.



# *Randolph-Macon Academy*



**Jacob Gehly**

Jacob has been a member of the swimming, cross country, track and field, and lacrosse teams as well as the drum major in the R-MA band, drill commander on the drill team and in the flight program. Jacob will be attending Liberty University to study professional aeronautics and aviation



**Michael Patterson**

Michael has been a member of the swim team as well as a lifeguard, member of the community band as well as a rock band. He plans to attend UMass Amherst to major in journalism.



**Josiah Herring**

Josiah enjoys swimming, running, weightlifting, and playing video games. He is a member of the German Honors Society and plans to attend Lynn University to student elementary level education.



**Tireni Bayo-Adeyemo**

Tireni has been a member of the soccer, swimming, and tennis teams. He plans to attend the University of Houston.



**Reilly Schweigert-Opas**

Reilly is a member of the swimming and tennis teams. He plans to attend Liberty University and study aviation.



**Lawrence Carvana**

Lawrence has been a member of the cross country, swimming, and track teams. He is still deciding which college to attend, but wants to major in architecture.

# Seton School



**Katherine Albin**

I've been accepted into Virginia Tech's class of 2024 as a chemistry major. For the 2020 summer season I've applied to be the Waterpark Manager at Splashdown Waterpark. I've been a lifeguard there for 4 years, and I'll be a certified Red-Cross Water Safety Instructor at Splashdown's pre-swim team program teaching kids for the 3rd year this summer.



**Lauran Elizabeth Curley**

I was so happy that I joined the Seton Team for my senior even though I've never swum competitively before. Thank you to my Mom for helping me get to those early morning practices! I plan to attend college but at this point my plans for where are undetermined.



**Jacob Alsup**

Jacob a two-time Seton team captain, specializes in sprints and breaststroke; he is hoping to help the team by bringing in both individual and relay points at DAC champs and the VISAA state meet. Jacob is a friendly, cheerful team captain always helpful and encouraging his teammates. His eyes are on some great Virginia colleges this fall where he is thinking of majoring in psychology or criminal justice with a minor in music.



**Christian Ceol**

Christian will be attending Virginia Tech next year as an army cadet in the Corps of Cadets. He has received a 4-year army ROTC scholarship and will commission as a Second Lieutenant upon graduation. He is double majoring in criminology and psychology and hopes to one day be a federal law enforcement officer.



**Andrew Dalrymple**

Drew is a sprinter for Seton in the 50 and 100 Free and hopes to help his team relays at this DAC championship meet and VISAA States. After high school he is considering various engineering schools, the trades, and serving in the U.S. military. Drew loves adventure and isn't afraid to take risks so his family and friends look forward to what comes "next."



**Theresa Dwane**

In the future, I hope to attend Christendom College in Front Royal, VA and study Theology there. I am interested in exploring the journalism realm as well as ways I can continue using my musical talent of playing the piano. Right now, I regularly accompany the children's choir and cantors once in a while at All Saints Church in Manassas, and I hope to continue doing that or something similar in the future, either at All Saints or another parish.



# Seton School



**Caroline Griffin**

I have loved my years swimming at Seton. I am still deciding on which college I plan to attend but I will definitely be swimming whether it be DIII or Club. I plan to study Biology in the hopes of becoming an Orthopedic Surgeon or an Athletic Trainer. This summer I will continue to Lifeguard and Coach at the Sudley Club and I can't wait to come back and swim in the Alumni races!



**Justin Fioramonti**

Justin plans on attending Franciscan University in Steubenville, Ohio next year. He plans to study Communications and aspires to work in sports media production. He will continue his soccer career with the Barons. He is excited for the challenges that lie ahead.



**Shane Duffy Pio Koehr**

Shane plans on swimming at the Catholic University of America on a Marine ROTC scholarship. After graduation, he hopes to commission in the US Marine Corps. Shane would like to thank everyone on his team for pushing him to be the best he can be. He would especially like to thank his Dad for teaching him to swim and helping him love it.



**Elena Morano**

Elena plans to attend college to complete her lifelong dream of becoming a nurse.

**Katie Dealey**

I hope to work with children in my future and own five dogs. Id also like to thank my wonderful father for always being willing to help out with the team.



**Joey Arnold**

Joey has thoroughly enjoyed his time on the Seton swim team. He wants to pursue a career in aviation and is looking to attend NoVa before transferring to Liberty University.



**Jeremy Thomas Kleb**

Jeremy Plans on attending Franciscan University of Stuebenville where he hopes to get a chemistry degree. He will then go on to be a hazmat specialist with the fire department.



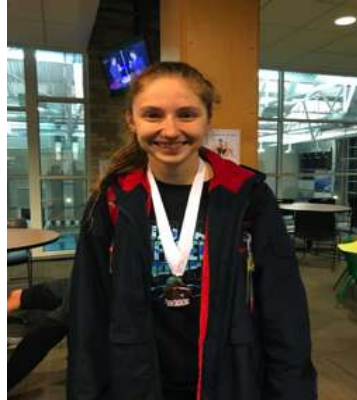




**Kathleen O'Malley**

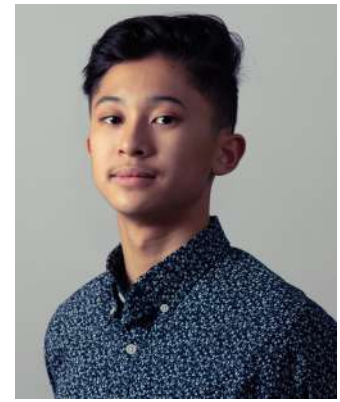
I plan on attending Benedictine College in Kansas and majoring in Journalism/Communications. I am so grateful for the life lessons that swimming – both during summers and at Seton – has taught me throughout the years. I am so thankful that I came back to swim for Seton during my senior year after several years away from the pool...I've made some great memories. Thank you Coach Koehr for the extra nudge and encouragement!

## ***Seton School***



**Anne Konstanty**

Next year Anne will be taking a gap year as she discerns God's will for her life, and will hopefully enter religious life at some point in the near future. Life goals include learning Greek and Hebrew and starting a small business on Etsy.



**Dominick "CK" Tolentino**

I plan on attending either Virginia Tech or Penn State University. After completing my bachelor's degree, I plan on taking a year's break from school to travel and see the different parts of the world before getting my master's degree. I hope to get an engineering/forensic science job with the government or in the business fields with the private industry. I want to continue swimming in college, but most likely will join a club that is not too competitive.

## ***Fredericksburg Christian School***



**Eden Ambrose**

Eden has been on the Fredericksburg Christian Varsity team since her 8th grade year, and has qualified for States all 5 years of her swimming career. She plans to attend Elon University in the Fall and major in Exercise Science to become an Occupational Therapist. Eden believes what she has learned from swimming, is that waking up at 5am four days a week to jump into a cold pool is not something she always want to do, but swimming has taught her to be committed to anything she has to do in her life without complaining. One of Eden's favorite memories is during her Sophomore year at States, her Mother hit her car with the mini bus! Eden would like to give special thanks to her coaches, family and teammates for getting her where she is today.



**Catherine Tryfiates**

Catherine has participated on the Fredericksburg Christian HS swim team since 8th grade and was pleased to compete at States (2018 & 2019 relays). As a dedicated scholar-athlete, she's a member of National Honor Society and has competed on the FCS cross-country team. Catherine has been an active member of her church, serving in youth choirs, bell choirs, and musicals (including Fiddler on the Roof). She's served on several church mission trips and plans to serve on a mission trip to Senegal, Africa following graduation. She intends to pursue a University education but has not settled on her college selection. She thanks God and her supportive FCS team, including Coaches Meadows and Turbyfill.

**2020 DAC Championship Meet - 2/8/20**  
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**February 8, 2020**  
**Meet Program - 2020 DAC**

**#1 Boys 200 Yard Medley Relay**

VISAA QT: 1:57.18

DAC: 1:43.49 2006 Seton

K. Koehr, N. Cook, B. Morch, S.Koehr

Lane	Team	Relay	Seed Time
<b>Heat 1 of 2 Finals Starts at 06:15 PM</b>			
3	RMA	B	X2:20.78
	Nelson, David		Murphy, Ben
	Park, Ethan SO		Bayo-Adeyemo, Tire SR
4	SST	B	X1:55.19
	Wilson, Evan JR		Luevano, Nathan FR
	Wilson, Joe FR		McGrath, John JR
5	WAKE	B	X2:10.00
	Linares, Luke		Kim, Justin SO
	Jiang, Rorry JR		Bushara, Horatio SO

**Heat 2 of 2 Finals Starts at 06:19 PM**

2	TCS!	A	1:57.15
3	RMA	A	1:55.56
	Stanford, Tyler SR		Schweigert-Opas, Reilly SR
	Herring, Josiah SR		Gehly, Jacob SR
4	SST	A	1:50.45
	Koehr, Shane SR		Alsup, Jacob SR
	Dalrymple, Jerry JR		Dalrymple, Drew SR
5	FAST	A	1:53.49
	Bishop, Ashton SR		Harris, Dylan SR
	Geddes, Owen SO		Millar, Henry SR
6	WAKE	A	1:56.73
	Maraska, Joseph SR		Seaborn, Jackson SR
	Burdette, Cade SR		Pieja, Jack JR
7	FVCS	A	NT

**#2 Girls 200 Yard Medley Relay**

VISAA QT: 2:15.36

DAC: 1:54.13 2020 Trinity Christian School

B.Williams, A. Cornett, K. Zerrenner, J. Phillips

Lane	Team	Relay	Seed Time
<b>Heat 1 of 2 Finals Starts at 06:21 PM</b>			
3	WAKE	B	X2:35.00
	Svytek, Sophia IR		Vercesi, Ginevra JR
	McGrath, Anna JR		Lauer, Lindsey JR
4	FAST	B	X2:18.96
	Crampton, Izzie SO		Azimipour, Saba JR
	Davis, Victoria SO		Bryant, Shelby SR
5	FCS	B	X2:32.42
	Zuniga, Trinity FR		Tryfiates, Catherine SR
	Embrey, Phoenix FR		Pelland, Hayley FR
6	FVCS	B	XNT
	Towerv, Hannah		Waltz, Elizabeth
	Patten, Faith		Worsham, Brooke

**Heat 2 of 2 Finals Starts at 06:24 PM**

1	TCS!	B	X2:07.50
2	FCS	A	2:15.62
	White, Jenna IR		Meadows, Payton FR
	Dahl, Lizzie JR		Ambrose, Eden SR
3	FAST	A	1:58.09
	Woodworth, Marissa IR		Luce, Annika SO
	Smith, Anna SO		Drape, Emily FR
4	TCS!	A	1:54.13
5	SST	A	1:56.93
6	WAKE	A	2:03.70
	Thompson, Claire SR		Wilcox, Ayla FR
	Pickeral, Vivian		Malinowski, Hayley JR
7	FVCS	A	2:19.32
	Caron, Isabelle		Farley, Emma
	Patten, Brooke		Caron, Elaina
8	SST	B	X2:13.51

**#3 Boys 200 Yard Freestyle**

VISAA QT: 2:01.47

DAC: 1:48.29 2008 Nevin Cook

**Lane Name Yr School Seed Time****Heat 1 of 2 Finals Starts at 06:27 PM**

3	Brantley, Patrick	JR	FAST	2:50.30
4	Shaw, Clay		FVCS	2:44.07
5	Carvana, Lawren	SR	RMA	2:46.54
6	Murphy, Ben		RMA	NT

**Heat 2 of 2 Finals Starts at 06:31 PM**

1	Embrey, Gryphor	8	FCS	2:39.14
2	Herring, Josiah	SR	RMA	2:14.93
3	McGrath, John	JR	SST	2:11.76
4	Geddes, Owen	SO	FAST	1:55.49
5	Koehr, Shane	SR	SST	2:03.35
6	Kim, Justin	8	TCS!	2:12.65
7	Arnold, Joey	SR	SST	2:17.47
8	Sicks, Campbell	FR	TCS!	2:39.19

**#4 Girls 200 Yard Freestyle**

VISAA QT: 2:13.44

DAC: 1:53.80 2020 Annalise Cornett

**Lane Name Yr School Seed Time****Heat 1 of 2 Finals Starts at 06:34 PM**

1	Torres, Jordan	JR	FAST	3:11.90
2	Smith, Anna	SO	FAST	2:48.86
3	Linton, Cat	SO	SST	2:37.27
4	O'Malley, Mary	SO	SST	2:24.36
5	Sicks, Lucy	SR	TCS!	2:25.87
6	Embrey, Phoenix	FR	FCS	2:45.56
7	Torres, Elena	SO	FAST	3:10.75

**Heat 2 of 2 Finals Starts at 06:37 PM**

1	Luevano, Isabella	SO	SST	2:18.81
2	Patten, Brooke		FVCS	2:16.28
3	Malinow, Morgar	SR	HL	2:13.41
4	Cornett, Annalise	JR	TCS!	1:53.80
5	Woodworth, Mar	JR	FAST	2:08.13
6	Konstanty, Anne	SR	SST	2:14.19
7	Yaraschak, Bella	8	TCS!	2:17.96
8	Sykes, Caroline	JR	TCS!	2:22.06

**#5 Boys 200 Yard IM**

VISAA QT: 2:18.04

DAC: 1:59.78 2006 Nevin Cook

**Lane Name Yr School Seed Time****Heat 1 of 1 Finals Starts at 06:40 PM**

1	Hudson, David	8	SST	2:42.22
2	Brown, Thomas	SO	TCS!	2:39.44
3	Wilson, Evan	JR	SST	2:25.47
4	Turbyfill, Andrew	JR	FCS	2:00.04
5	Millar, Henry	SR	FAST	2:16.89
6	Wilson, Joe	FR	SST	2:31.27
7	Brox, JJ	FR	SST	2:39.64
8	Park, Ian	8	TCS!	2:51.83

**#6 Girls 200 Yard IM**

VISAA QT: 2:30.91

DAC: 2:06.93 2016 Reni Moshos

**Lane Name Yr School Seed Time****Heat 1 of 2 Finals Starts at 06:43 PM**

2	Davis, Victoria	SO	FAST	3:09.68
3	Bang, Selah	FR	TCS!	2:59.29
4	Hudson, Ava	8	SST	2:51.48
5	Byers, Lily	SO	SST	2:54.65
6	Turman, Rachel	JR	FAST	3:07.43
7	Smith, Sophie	SO	FAST	3:10.79

**Heat 2 of 2 Finals Starts at 06:47 PM**

1	Bingham, Teresa	SO	SST	2:42.35
2	Klanderman, Ter	JR	TCS!	2:31.16
3	Wilcox, Ayla	FR	WAKE	2:23.80
4	Carter, Madisyn	8	HL	2:15.02
5	Luce, Annika	SO	FAST	2:18.14
6	Thompson, Clair	SR	WAKE	2:24.92
7	Flynn, Emily	SO	SST	2:31.53
8	Sicks, Lucy	SR	TCS!	2:48.96

**#7 Boys 50 Yard Freestyle**

VISAA QT: 24.28

DAC: 21.66 2017 Nick McGarth

**Lane Name Yr School Seed Time****Heat 1 of 4 Finals Starts at 06:50 PM**

3	Hamilton, Chris	JR	TCS!	NT
4	Harrison, Ryan	8	FCS	39.72
5	Santillo, Lucian	FR	FAST	40.49

**Heat 2 of 4 Finals Starts at 06:51 PM**

2	Danier, Sardor	JR	RMA	32.34
3	Cole, Carter	8	TCS!	30.39
4	Shore, Nathan	SR	TCS!	29.10
5	Gill, Jackson	JR	HL	29.41
6	Duvall, Rylee	8t	FAST	30.80
7	Deweese, Simon	SO	FAST	36.25

**Heat 3 of 4 Finals Starts at 06:52 PM**

1	Seaborn, Jackson	SR	WAKE	27.97
2	Fioramonti, Justi	SR	SST	26.32
3	Knewtonson, Jack	8	FCS	25.58
4	Maraska, Joseph	SR	WAKE	25.21
5	Pieja, Jack	JR	WAKE	25.36
6	Bayo-Adeyemo, T	SR	RMA	25.95
7	Park, Ethan	SO	RMA	27.50
8	Harris, Dylan	8t	FAST	28.12



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February 8, 2020

## Meet Program - 2020 DAC

**Heat 4 (#7 Boys 50 Yard Freestyle)**

1	Dalrymple, Jerry	JR	SST	24.84
2	Henderson, Gabe	JR	TCS!	24.16
3	Dalrymple, Drew	SR	SST	23.88
4	Burdette, Cade	SR	WAKE	23.75
5	DiLeonardo, Vinc	JR	FCS	23.84
6	Gehly, Jacob	SR	RMA	23.92
7	Ceol, Christian	SR	SST	24.39
8	Ford, Parker	SO	FCS	24.89

**#8 Girls 50 Yard Freestyle**

<b>VISAA QT: 26.96</b>				
<b>DAC: 24.63 2018 Anna Kenna</b>				
<b>Lane Name</b>	<b>Yr</b>	<b>School</b>	<b>Seed Time</b>	
<b>Heat 1 of 4 Finals Starts at 06:53 PM</b>				
2	Goodden, Talin	SO	RMA	42.30
3	Mai, Ana	SR	RMA	40.54
4	Tryfiates, Cather	SR	FCS	36.31
5	Worsham, Annie		FVCS	39.55
6	Towery, Hannah		FVCS	41.39
7	Vercesi, Ginevra	JR	WAKE	X38.15
<b>Heat 2 of 4 Finals Starts at 06:54 PM</b>				
1	Zuniga, Trinity	FR	FCS	35.46
2	Lauer, Lindsey	JR	WAKE	33.41
3	McGrath, Anna	JR	WAKE	32.56
4	Kerr, Aisling	JR	RMA	32.06
5	Worsham, Brook		FVCS	32.53
6	Malinowski, Hay	JR	WAKE	32.79
7	Paredes, Cecilia	SO	RMA	33.99
8	Bray, Haley	8t	FAST	35.50
<b>Heat 3 of 4 Finals Starts at 06:55 PM</b>				
1	Embrey, Phoenix	FR	FCS	31.33
2	Azimipour, Saba	JR	FAST	31.14
3	Bailey, Mary	8	TCS!	30.20
4	Bryant, Shelby	SR	FAST	30.01
5	Caron, Elaina		FVCS	30.19
6	Dwane, Theresa	SR	SST	31.13
7	Woodall, Avery	8t	FAST	31.27
8	Spytek, Sophia	JR	WAKE	31.57
<b>Heat 4 of 4 Finals Starts at 06:56 PM</b>				
1	Meadows, Payton	FR	FCS	29.43
2	Phillips, Amy	FR	TCS!	28.63
3	Pennefather, Mar	FR	SST	26.20
4	Williams, Brooke	SR	TCS!	24.68
5	Thornburg, Paris	JR	HL	25.34
6	Deatherage, Ann	JR	TCS!	27.84
7	O'Malley, Kathlee	SR	SST	28.67
8	Gibbons, Maggie	8	SST	29.67

**#11 Boys 100 Yard Butterfly**

<b>VISAA QT: 1:01.02</b>				
<b>DAC: 53.18 2017 Lucas Dumez</b>				
<b>Lane Name</b>	<b>Yr</b>	<b>School</b>	<b>Seed Time</b>	
<b>Heat 1 of 2 Finals Starts at 07:12 PM</b>				
3	Park, Ian	8	TCS!	NT
4	Hailey, Jake		FVCS	1:14.60
5	Nelson, David		RMA	1:21.57

**Heat 2 of 2 Finals Starts at 07:14 PM**

2	Dalrymple, Jerry	JR	SST	1:04.68
3	Wilson, Joe	FR	SST	1:02.45
4	Geddes, Owen	SO	FAST	57.68
5	Bishop, Ashton	SR	FAST	58.99
6	Alsup, Jacob	SR	SST	1:03.78
7	Clawes, Michael	JR	TCS!	1:14.07

**#12 Girls 100 Yard Butterfly**

<b>VISAA QT: 1:07.49</b>				
<b>DAC: 58.62 2018 Anna Kenna</b>				
<b>Lane Name</b>	<b>Yr</b>	<b>School</b>	<b>Seed Time</b>	
<b>Heat 1 of 2 Finals Starts at 07:15 PM</b>				
3	Zerrenner, Keira	SR	TCS!	NT
4	Torres, Elena	SO	FAST	1:41.91
5	Cole, Paige	JR	TCS!	NT
<b>Heat 2 of 2 Finals Starts at 07:17 PM</b>				
1	Zadnik, Sophia	SO	SST	1:22.00
2	Klanderma, Ter	JR	TCS!	1:11.43
3	Flynn, Emily	SO	SST	1:07.40
4	Carter, Madisyn	8	HL	58.79
5	Griffin, Caroline	SR	SST	1:07.36
6	Smith, Anna	SO	FAST	1:10.25
7	Gibbons, Maggie	8	SST	1:20.76
8	Hall, Annika	SO	FAST	1:34.68

**#13 Boys 100 Yard Freestyle**

<b>VISAA QT: 53.19</b>				
<b>DAC: 48.44 2014 Alex Morin</b>				
<b>Lane Name</b>	<b>Yr</b>	<b>School</b>	<b>Seed Time</b>	
<b>Heat 1 of 4 Finals Starts at 07:19 PM</b>				
3	Danier, Sardor	JR	RMA	NT
4	Park, Ethan	SO	RMA	NT
5	Clawes, Michael	JR	TCS!	NT
<b>Heat 2 of 4 Finals Starts at 07:21 PM</b>				
2	Duvall, Rylee	8t	FAST	1:15.68
3	Embrey, Gryphor	8	FCS	1:12.70
4	Lehr, Brandon		FVCS	1:11.60
5	Jiang, Rorry	JR	WAKE	1:12.05
6	Burkholder, Ryar	8t	FAST	1:12.72
7	Santillo, Lucian	FR	FAST	1:33.99
<b>Heat 3 of 4 Finals Starts at 07:23 PM</b>				
1	Linares, Luke		WAKE	1:09.20
2	Wack, Finn	JR	FAST	1:08.30
3	Schweigert-Opas	SR	RMA	1:02.23
4	Pieja, Jack	JR	WAKE	59.11
5	Kim, Justin	8	TCS!	59.44
6	Bushara, Horatio	SO	WAKE	1:02.49
7	Gill, Jackson	JR	HL	1:08.60
8	Konstanty, Peter	8	SST	1:09.22
<b>Heat 4 of 4 Finals Starts at 07:24 PM</b>				
1	Knewton, Jack	8	FCS	57.14
2	Stanford, Tyler	SR	RMA	55.96
3	Dalrymple, Drew	SR	SST	54.13
4	Kim, Josh	SO	TCS!	53.54
5	Henderson, Gabe	JR	TCS!	53.90
6	Ceol, Christian	SR	SST	55.68
7	Ford, Parker	SO	FCS	56.56
8	Kleb, Jeremy	SR	SST	58.53

**#14 Girls 100 Yard Freestyle**

<b>VISAA QT: 59.55</b>				
<b>DAC: 53.08 2018 Anna Kenna</b>				
<b>Lane Name</b>	<b>Yr</b>	<b>School</b>	<b>Seed Time</b>	
<b>Heat 1 of 4 Finals Starts at 07:26 PM</b>				
3	Worsham, Annie		FVCS	X1:56.30
4	Bray, Haley	8t	FAST	1:28.50
5	Towery, Hannah		FVCS	X1:35.54
<b>Heat 2 of 4 Finals Starts at 07:28 PM</b>				
1	Worsham, Brook		FVCS	X1:26.15
2	White, Jenna	JR	FCS	1:19.44
3	Farley, Emma		FVCS	1:18.26
4	Waltz, Elizabeth		FVCS	1:15.13
5	Lauer, Lindsey	JR	WAKE	1:17.14
6	Paredes, Cecilia	SO	RMA	1:19.43
7	Pelland, Hayley	FR	FCS	1:19.49
<b>Heat 3 of 4 Finals Starts at 07:30 PM</b>				
1	Caron, Isabelle		FVCS	1:13.18
2	Albin, Katie	SR	SST	1:10.51
3	Bailey, Mary	8	TCS!	1:08.92
4	Bryant, Shelby	SR	FAST	1:07.49
5	Moon, Ella	SO	TCS!	1:08.53
6	McGrath, Anna	JR	WAKE	1:09.54
7	Spytek, Sophia	JR	WAKE	1:11.69
8	Turman, Rachel	JR	FAST	1:13.51
<b>Heat 4 of 4 Finals Starts at 07:31 PM</b>				
1	Drape, Emily	FR	FAST	1:04.79
2	Deatherage, Ann	JR	TCS!	1:03.81
3	Patten, Brooke		FVCS	1:02.50
4	Pennefather, Mar	FR	SST	57.52
5	Phillips, Jenna	JR	TCS!	59.16
6	Bingham, Teresa	SO	SST	1:03.68
7	O'Malley, Kathlee	SR	SST	1:04.53
8	Ambrose, Eden	SR	FCS	1:05.35

**#15 Boys 500 Yard Freestyle**

<b>VISAA QT: 5:41.90</b>				
<b>DAC: 4:50.10 2016 David Turbyfill</b>				
<b>Lane Name</b>	<b>Yr</b>	<b>School</b>	<b>Seed Time</b>	
<b>Heat 1 of 2 Finals Starts at 07:33 PM</b>				
3	Brantley, Patrick	JR	FAST	7:46.28
4	Konstanty, Peter	8	SST	6:57.21
5	Kim, Justin	SO	WAKE	7:19.21
<b>Heat 2 of 2 Finals Starts at 07:41 PM</b>				
1	Hudson, David	8	SST	6:45.39
2	Herring, Josiah	SR	RMA	6:21.81
3	Luevano, Nathan	FR	SST	5:54.95
4	Kim, Josh	SO	TCS!	5:24.97
5	Millar, Henry	SR	FAST	5:42.83
6	McGrath, John	JR	SST	6:10.99
7	Moon, Jadon	SR	TCS!	6:30.70

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**#16 Girls 500 Yard Freestyle**

VISAA QT: 6:02.51				
DAC: 5:19.93 2018 Annalise Cornett				
Lane	Name	Yr	School	Seed Time
<b>Heat 1 of 2 Finals Starts at 07:48 PM</b>				
1	Smith, Sophie	SO	FAST	7:56.85
2	Torres, Jordan	JR	FAST	7:22.79
3	Caron, Isabelle		FVCS	7:01.87
4	Moon, Ella	SO	TCS!	6:50.63
5	Byers, Lily	SO	SST	6:55.70
6	Linton, Cat	SO	SST	7:17.11
7	Zuniga, Trinity	FR	FCS	7:35.11
8	Waltz, Elizabeth		FVCS	NT
<b>Heat 2 of 2 Finals Starts at 07:56 PM</b>				
1	Konstanty, Anne	SR	SST	6:10.32
2	Sykes, Caroline	JR	TCS!	6:08.69
3	Malinow, Morgar	SR	HL	6:01.12
4	Cornett, Annalise	JR	TCS!	5:13.55
5	Pickeral, Vivian		WAKE	5:37.47
6	Crampton, Izzie	SO	FAST	6:03.69
7	Yaraschak, Bella	8	TCS!	6:09.75
8	O'Malley, Mary	SO	SST	6:50.34

**#17 Boys 200 Yard Freestyle Relay**

VISAA QT: 1:43.26				
DAC: 1:32.22 2016 Frederickburg Christian				
D. Turnbyfill, A. Kearney, N.Ross, G.Ross				
Lane	Team	Relay	Seed Time	
<b>Heat 1 of 2 Finals Starts at 08:03 PM</b>				
3	RMA	B	XNT	
	Patterson, Michael SR		Burge, Leo	
	Carvana, Lawrence SR		Nelson, David	
4	TCS!	B	X1:44.10	
5	SST	B	X1:45.77	
	Fioramonti, Justin SR		Brox, JJ FR	
	Kleb, Jeremy SR		Arnold, Joey SR	
<b>Heat 2 of 2 Finals Starts at 08:05 PM</b>				
2	WAKE	A	1:55.00	
	Bushara, Horatio SO		Jiang, Rorry JR	
	Linares, Luke		Seaborn, Jackson SR	
3	RMA	A	1:42.24	
	Stanford, Tyler SR		Park, Ethan SO	
	Bayo-Adeyemo, Tire SR		Gehly, Jacob SR	
4	SST	A	1:34.93	
	Koehr, Shane SR		Dalrymple, Drew SR	
	Ceol, Christian SR		Alsup, Jacob SR	
5	FCS	A	1:37.01	
	Knewton, Jack 8		Ford, Parker SO	
	DiLeonardo, Vince JR		Turbyfill, Andrew JR	
6	TCS!	A	1:42.62	
7	FAST	A	2:11.47	
	Burkholder, Rvan 8t		Deweese, Simon SO	
	Duvall, Rylee 8t		Wack, Finn JR	

**#18 Girls 200 Yard Freestyle Relay**

VISAA QT: 1:58.53				
DAC: 1:43.64 2012 Seton				
A.Doonis,C.Kenna,A.Sinner, C.Rogers				
Lane	Team	Relay	Seed Time	
<b>Heat 1 of 2 Finals Starts at 08:08 PM</b>				
3	FVCS	B	XNT	
	Worsham, Brooke		Towery, Hannah	
	Worsham, Annie		Patten, Faith	
4	TCS!	B	X1:58.59	
5	FAST	B	X2:11.43	
	Hall, Annika SO		Torres, Elena SO	
	Azimipour, Saba JR		Turman, Rachel JR	
<b>Heat 2 of 2 Finals Starts at 08:10 PM</b>				
1	RMA	A	NT	
	Mai, Ana SR		Kerr, Aisling JR	
	Goodden, Talin SO		Paredes, Cecilia SO	
2	FVCS	A	2:04.88	
	Caron, Elaina		Caron, Isabelle	
	Farley, Emma		Patten, Brooke	
3	FAST	A	1:56.69	
	Crampton, Izzie SO		Bryant, Shelby SR	
	Davis, Victoria SO		Drape, Emily FR	
4	SST	A	1:48.05	
5	TCS!	A	1:49.66	
6	FCS	A	1:57.00	
	Ambrose, Eden SR		Meadows, Payton FR	
	White, Jenna JR		Dahl, Lizzie JR	
7	WAKE	A	2:10.00	
	Lauer, Lindsey JR		Vercesi, Ginevra JR	
	Malinowski, Hayley JR		Spytek, Sophia JR	
8	SST	B	X1:56.70	

**#19 Boys 100 Yard Backstroke**

VISAA QT: 1:02.90				
DAC: 53.44 2006 Kevin Koehr				
Lane	Name	Yr	School	Seed Time
<b>Heat 1 of 2 Finals Starts at 08:28 PM</b>				
1	Harrison, Ryan	8	FCS	1:29.18
2	Shaw, Clay		FVCS	1:24.99
3	Hamilton, Chris	JR	TCS!	1:21.01
4	Hailey, Jake		FVCS	1:17.30
5	Linares, Luke		WAKE	1:19.12
6	Nelson, David		RMA	1:23.47
7	Carvana, Lawren	SR	RMA	1:29.02
8	Burkholder, Ryar	8t	FAST	1:43.04
<b>Heat 2 of 2 Finals Starts at 08:30 PM</b>				
1	Fioramonti, Justi	SR	SST	1:12.46
2	Maraska, Joseph	SR	WAKE	1:08.48
3	Wilson, Evan	JR	SST	1:04.89
4	Koehr, Shane	SR	SST	1:01.07
5	Bishop, Ashton	SR	FAST	1:02.24
6	Stanford, Tyler	SR	RMA	1:05.57
7	Kleb, Jeremy	SR	SST	1:09.41
8	Brown, Thomas	SO	TCS!	1:15.30

**#20 Girls 100 Yard Backstroke**

VISAA QT: 1:07.53				
DAC: 57.30 2016 Reni Moshos				
Lane	Name	Yr	School	Seed Time
<b>Heat 1 of 2 Finals Starts at 08:32 PM</b>				
2	Lattig, Georgia	SO	TCS!	1:48.35
3	Bang, Selah	FR	TCS!	1:20.86
4	Davis, Victoria	SO	FAST	1:19.76
5	Koehr, Ceili	SO	SST	1:20.42
6	Hall, Annika	SO	FAST	1:23.08
<b>Heat 2 of 2 Finals Starts at 08:35 PM</b>				
1	Hudson, Ava	8	SST	1:17.11
2	Griffin, Caroline	SR	SST	1:05.20
3	Woodworth, Mar	JR	FAST	1:03.72
4	Williams, Brooke	SR	TCS!	1:01.53
5	Pickeral, Vivian		WAKE	1:02.95
6	Thompson, Clair	SR	WAKE	1:04.23
7	Phillips, Amy	FR	TCS!	1:13.95
8	Albin, Katie	SR	SST	1:18.38

**#21 Boys 100 Yard Breaststroke**

VISAA QT: 1:09.48				
DAC: 59.68 2017 Josh Fletcher				
Lane	Name	Yr	School	Seed Time
<b>Heat 1 of 3 Finals Starts at 08:37 PM</b>				
2	Burge, Leo		RMA	NT
3	Patterson, Micha	SR	RMA	1:45.36
4	Wack, Finn	JR	FAST	1:36.40
5	Deweese, Simon	SO	FAST	1:37.79
6	Lehr, Brandon		FVCS	2:04.23
<b>Heat 2 of 3 Finals Starts at 08:39 PM</b>				
1	Harris, Dylan	8t	FAST	1:22.49
2	Schweigert-Opas	SR	RMA	1:20.84
3	Cole, Carter	8	TCS!	1:20.46
4	Brox, JJ	FR	SST	1:17.11
5	Seaborn, Jackson	SR	WAKE	1:20.41
6	Sicks, Campbell	FR	TCS!	1:20.62
7	Arnold, Joey	SR	SST	1:21.37
8	Kim, Justin	SO	WAKE	1:22.85
<b>Heat 3 of 3 Finals Starts at 08:41 PM</b>				
1	Moon, Jadon	SR	TCS!	1:14.11
2	Alsup, Jacob	SR	SST	1:13.66
3	Gehly, Jacob	SR	RMA	1:11.96
4	Turbyfill, Andrew	JR	FCS	1:03.68
5	Burdette, Cade	SR	WAKE	1:05.92
6	Luevano, Nathan	FR	SST	1:12.61
7	DiLeonardo, Vinc	JR	FCS	1:14.10
8	Shore, Nathan	SR	TCS!	1:15.62

**#22 Girls 100 Yard Breaststroke**

VISAA QT: 1:17.15				
DAC: 1:08.12 2014 Reni Moshos				
Lane	Name	Yr	School	Seed Time
<b>Heat 1 of 3 Finals Starts at 08:43 PM</b>				
3	Pelland, Hayley	FR	FCS	1:45.06
4	Mai, Ana	SR	RMA	1:35.37
5	Lattig, Georgia	SO	TCS!	1:37.44



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**Heat 2 (#22 Girls 100 Yard Breaststroke)**

1	Azimipour, Saba	JR	FAST	1:34.46
2	Dahl, Lizzie	JR	FCS	1:31.45
3	Tryfiates, Cather	SR	FCS	1:29.04
4	Zadnik, Sophia	SO	SST	1:26.35
5	Caron, Elaina		FVCS	1:28.49
6	Farley, Emma		FVCS	1:29.45
7	Woodall, Avery	8t	FAST	1:31.52
8	Dwane, Theresa	SR	SST	1:34.84

**Heat 3 of 3 Finals Starts at 08:47 PM**

1	Crampton, Izzie	SO	FAST	1:24.83
2	Luevano, Isabell	SO	SST	1:23.14
3	Wilcox, Ayla	FR	WAKE	1:11.51
4	Luce, Annika	SO	FAST	1:09.18
5	Thornburg, Paris	JR	HL	1:09.20
6	Kerr, Aisling	JR	RMA	1:21.56
7	Waldron, Clare	SO	SST	1:24.75
8	Cole, Paige	JR	TCS!	1:25.56

**#23 Boys 400 Yard Freestyle Relay**

VISAA QT: 3:59.45

DAC: 3:28.48 2016 Frederickburg Christian

**D.Turnbyfill, N.Ross, A.Kearney, G.Ross**

Lane	Team	Relay	Seed Time
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**Heat 1 of 2 Finals Starts at 08:48 PM**

3	RMA	B	XNT
	Murphy, Ben		Carvana, Lawrence SR
	Danier, Sardor JR		Patterson, Michael SR
4	SST	B	X3:54.44
	McGrath, John IR		Wilson, Evan JR
	Arnold, Joey SR		Kleb, Jeremy SR
5	TCS!	B	X3:59.45

**Heat 2 of 2 Finals Starts at 08:53 PM**

2	WAKE	A	4:12.45
	Pieia, Jack IR		Bushara, Horatio SO
	Maraska, Joseph SR		Burdette, Cade SR
3	TCS!	A	3:49.44
4	FCS	A	3:40.49
	Turbvfill, Andrew IR		Ford, Parker SO
	Knewton, Jack 8		DiLeonardo, Vince JR
5	SST	A	3:44.38
	Dalrymple, Jerrv IR		Luevano, Nathan FR
	Wilson, Joe FR		Ceol, Christian SR
6	FAST	A	3:53.96
	Millar, Henry SR		Harris, Dylan 8t
	Geddes, Owen SO		Bishop, Ashton SR
7	RMA	A	4:21.39
	Bavo-Adevemo, Tire SR		Herring, Josiah SR
	Burge, Leo		Schweigert-Opas, Reilly SR

**#24 Girls 400 Yard Freestyle Relay**

VISAA QT: 4:38.24

DAC: 3:48.76 2018 Trinity Christian School

**B.Williams, H.Silvernail, L.Schmidt, A.Cornett**

Lane	Team	Relay	Seed Time
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**Heat 1 of 2 Finals Starts at 08:57 PM**

3	FCS	B	X5:10.00
	Embrev, Phoenix FR		Tryfiates, Catherine SR
	Pelland, Hayley FR		Zuniga, Trinity FR
4	TCS!	B	X4:33.59
5	SST	B	X4:35.46

**Heat 2 of 2 Finals Starts at 09:03 PM**

2	WAKE	A	4:39.11
	Wilcox, Ayla FR		McGrath, Anna JR
	Pickeral, Vivian		Thompson, Claire SR
3	FAST	A	4:03.87
	Luce, Annika SO		Smith, Anna SO
	Drape, Emily FR		Woodworth, Marissa JR
4	TCS!	A	3:50.06
5	SST	A	3:54.55
6	FCS	A	4:25.23
	Dahl, Lizzie IR		Meadows, Payton FR
	White, Jenna JR		Ambrose, Eden SR
7	RMA	A	NT
	Mai, Ana SR		Kerr, Aisling JR
	Goodden, Talin SO		Paredes, Cecilia SO